

LAMBDA

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PROUDLY SERVING THE LAURENTIAN UNIVERSITY COMMUNITY SINCE 1961



John Fender

Just in time for the beginning of December, Sudbury was hit with its first real snowfall of the year this week. The new landscape will serve as a backdrop for cram season as students finish the final essays of the semester and begin studying for exams.

Laurentian University celebrates publicly-funded research

On November 28th, Laurentian University celebrated faculty and students who have obtained national and provincial public grants for research. To date, more than 130 Laurentian researchers and research projects have been awarded a total of \$5,345,529 in public funding in 2007. Research activities cover a broad spectrum across the sciences, health, engineering, social sciences and humanities.

"Public research-funding competitions offer the most prestigious grants in Ontario and Canada, and each year, an increasing number of Laurentian faculty and students receive these coveted awards," said Dr. Liette Vasseur, associate vice-president, research. "We have all the reasons to celebrate our recent successes in research and are very proud of our professors, who are among the top scientists in the country. They are contributing to the development of new discoveries that will have a lasting impact on the region, its economy and our reputation."

Recently, RESEARCH Infosource, which ranks Canada's top 50 research universities each year, ranked Laurentian University # 1 in Canada for its total research income growth, including private, sponsored and public research funds.

National funding

On the federal level, the university received a total of \$2,538,713 from the Natural Sciences and Research Council of Canada (NSERC). This money will go toward 85 research projects or tools and instruments for research.

In addition, eight Laurentian University students received NSERC

Postgraduate Scholarships. These scholarships are awarded to outstanding science and engineering students who demonstrate great research talent potential and who are considered to be Canada's future leaders in research advancements. Two of the eight recipients are pursuing PhDs at Laurentian University. Danielle Brabant

(PhD in Molecular Biology) and Nadia Mykytchuk (PhD in Microbiology) will receive \$70,000 each over a period of two years. Six students have received \$17,300-\$17,500 for one year to do their master's at Laurentian or at another Canadian University.

The Social Sciences and Humanities Research Council of Canada (SSHRC) has awarded \$191,904 to seven of our university's researchers. For the second consecutive time, Dr. Luis Radford, full professor at Laurentian University's École des sciences de l'éducation, was ranked first in SSHRC's standard research grant competition - Education 1. Dr. Radford's grant will be invested in a fine-grained classroom investigation of the development of algebraic thinking in young students. SSHRC-funded research fuels innovative thinking about real life issues, including the economy, education, health care, the environment, immigration, globalization, language, ethics, peace, security, human rights, law, poverty, mass

communication, politics, literature, addiction, pop culture, sexuality, religion, Aboriginal rights, the past and our future.

Professor Sheila Hardy, director of academic Native affairs received \$130,172 from the Canadian Institutes of Health Research (CIHR). Hardy is the principal investigator in a five-year project exploring how First Nations traditional use of tobacco can be utilized as a strategy in prevention and intervention for tobacco misuse amongst First Nations youth.

Two PhD students in the Interdisciplinary Rural and Northern Health program have also received significant research awards from CIHR. In addition, three undergraduate students received CIHR Health Professional Student Research Awards valued at \$4,251 each.

In 2007, the Canada Foundation for Innovation (CFI) has awarded \$261,854 to three Laurentian research teams for the modernization of laboratories and equipment under the Leaders Opportunity Fund Equipment

Grant program.

Provincial funding

Ontario's Ministry of Research and Innovation (MRI) has given a total of \$1,923,333 to five Laurentian faculty members for research, outreach and infrastructure programs. \$1,661,000 will be invested in the Productivity Enhancement and Risk Management in Underground Construction (PERM) research project led by Dr. Peter Kaiser, founding director of Laurentian University's Centre for Excellence in Mining Innovation.

The Ontario Centres of Excellence (OCE) has awarded \$403,304 to six materials and manufacturing research projects at Laurentian in 2007. Created in response to the province's most critical competitive challenges, the OCE facilitates economic growth through support for industrially relevant research and development, the opening of new market opportunities and the commercialization of leading edge discovery.

Last paper of the semester! See you in 2008!

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Lambda circulates 2,200 copies throughout the City of Greater Sudbury and the Laurentian University Campus. We thank the following for permitting us to circulate our paper at their establishments.

Williams Coffee Pub
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Regent Street Residence

Lambda Publications is the bi-weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by members of the Students' General Association / Association generale des etudiantes, yet remains autonomous from all university organizations, both student and administrative.

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WRITE TO US

Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes. Letters of a harassing or slanderous nature will be dealt with by the proper authorities.

ADDITIONALLY...

Lambda is supported in large part by pomegranate juice, sushi and caffeine injections. We respectfully reserve the right to make indirect references to old Canadian TV shows, sci fi films and terrible pop-rock bands. Next Generation will always be the best Star Trek series.

The pros and cons of extracurricular... ...and why I still do it even when it makes me homicidal



Alex Taylor
Editor-in-Chief

I can't believe the semester is over. In January of last year when I decided to come back for a 5th year of university, I felt like I was going to be in school for the rest of my life. Part of me was cheering, because I love it here, and part of me was crying in the corner because the stress of being a student is nothing to joke about.

And here we are. As with every year of my educational career, I've taken on far too much work and am now faced with the ultimate dilemma of anyone who's involved in a leadership role; sometimes, people are useless.

Most of the time, people are amazing. All the groups and organizations I'm in, including the newspaper, are chock full of brilliant, motivated people who want to make this school the best place in the world. I dig that, and I think that's a main reason why I have such a good time here.

That said, sometimes we need to admit defeat and delegate work to other people. This is problematic because a) I don't have complete control over the quality of work being

completed and b) there's a chance, however minute, that the people who you've trusted to take care of things will ... not.. take care of things. Sigh.

As some of you might know, I'm currently in the process of organizing the Model Parliament trip for the Political Science Association. I'm working on this project with a handful of completely wonderful human beings who actively look for places to contribute their time and energy. It's so refreshing that I have friends and peers who take the initiative when they see that things need to be done, rather than sitting around waiting to be assigned things. Or blowing off their jobs even after they've been assigned them. And then talking to me about how busy they are while I'm sitting here picking up their slack as well as working on all my own projects.

Does it sound like I'm being resentful? That was probably intentional. My beef isn't with people who come to school, work on schoolwork, and go home. I'm aware that not everyone has the interest or the time to commit themselves to extracurricular activities, and I understand and respect that. My problem is with people who go out of their way to assert themselves as student leaders, going so far as to brag about their

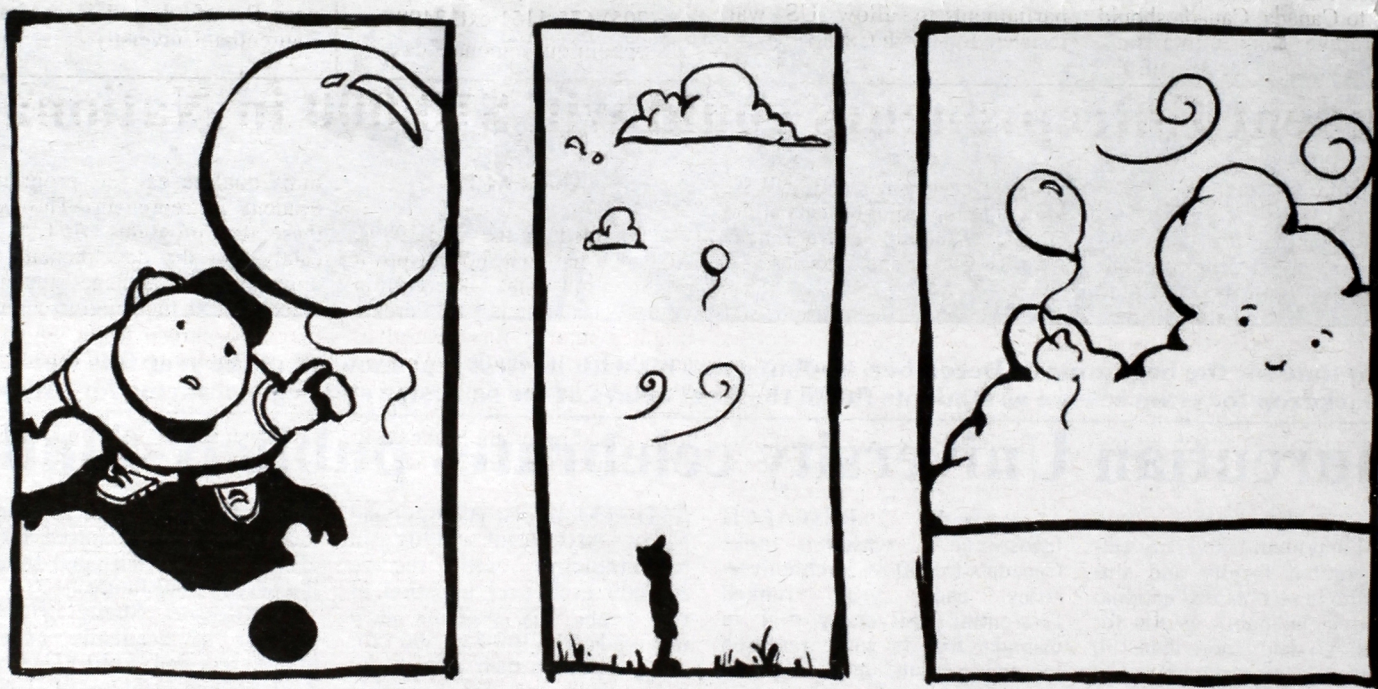
involvement, and then doing absolutely nothing and forcing everyone else to work twice as hard to make up for their laziness. It's rude. So rude.

That said, I'm still glad that I'm involved in so many things. It's given me an opportunity to meet so many different and diverse people and personalities, and it's been an opportunity to get to know professors and administrators who I never would have had contact with otherwise. My marks aren't and have never been anything to brag about, but I feel that for me, I'd rather have a well rounded university experience than work incessantly for a 90 average. I'm sure that all the Masters programs I'm applying to will disagree with me, but the point is spending time where you're happy. I'm happy in the classroom, but I'm also happy when I'm busy with meetings and event planning and fundraising. If there's anyone out there who feels like they haven't gotten as much out of university as they hoped they would, I recommend joined a group or a committee on campus. It doesn't always require a major time commitment and everyone always needs volunteers! Just try it, if it's not for you, at least you can say that you made an effort to try something new.

Next order of business is winter break! Yaaaaay winter break! I've already made a list of about 400 things to accomplish on my month off (including cleaning and organizing the Lambda office...) and I'm quite confident that only about 10% of that list is going to get done because I intend to watch reruns of Top Chef (I love you CJ) and Bones until I go blind. I don't have cable voluntarily because I find television mostly useless, but I'd be lying if I told you that I was going to spend my break being productive. Plus, the shows I watch are educational - I'm learning excellent business strategies from Michael Bluth and Nancy Botwin, right? Right.

Here's hoping that your essays earn high marks, your exams are reasonable, and your stress levels remain somewhere around the first or second level of hell. Enjoy the break and we'll see everyone in 2008. As always, if you'd like to submit articles/editorials/anything else, feel free to contact us at lambda@laurentian.ca

Still in shock about the finale of Californication,
-Alex



By Adrian Binakaj - Nexus (Camosun College)

"I don't think it counted for that much one way or the other. We were only one another's astronaut food."

"What's astronaut food?"

"You know, stuff in little packets that you keep lying on the shelf. Everyone has some lying around. The people you imagine you might be with but you know you never really will be. The people who if you're in a couple but you're a little bored or restless you meet them for coffee a lot and the other half of your couple isn't really thrilled about it. Or if you're single, they're the people you're keeping on a mental list just so you don't feel like there aren't any possibilities. Friends who are almost more than friends but really, they're just friends. Astronaut food, bomb shelter provisions. If you were going to have anything with them if would have happened already. Sometimes you even fall into bed with them, but it doesn't count for much. It's always a mistake to try to get any nourishment out of that stuff. But not a big mistake. That's the beautiful thing, how the stakes are so low."

from You Don't Love Me Yet by Jonathan Lethem.

Director of development wins Outstanding Volunteer Award

Laurentian University is pleased to announce that Tracy MacLeod (BA 1995), director of development, is the recipient of the 2007 Outstanding Volunteer Award from the Canadian Council for the Advancement of Education - Ontario (CCAEO).

The Outstanding Volunteer Award recognizes exceptional contributions and achievements by individual volunteers who have advanced the cause and mission of the CCAEO. Tracy's leadership, energy and commitment to the Council over the past five years exemplify the spirit of this award. As a committee member, chair of fall workshop and member services, treasurer and vice-president, Tracy has championed the values of the organi-

zation and served as a dedicated ambassador of CCAEO's commitment to professional development for its members.

CCAEO is the leading volunteer organization operating in support of the mission of the Canadian Council for the Advancement of Education (CCAEO), with particular focus on the needs of Ontario members. The Canadian Council for the Advancement of Education (CCAEO) fosters excellence in Canadian education by providing bilingual programs and services to professionals in institutional advancement. CCAEO is the primary source of information, connection and support for advancement professionals working at universities, colleges, institutes and independent schools across the country.



Contributed

Tracy MacLeod (middle), director of development at Laurentian University, receives the Outstanding Volunteer Award in Toronto from Tyler Forkes (left), executive director, Alumni Relations, Ryerson University and Susan Rankin, president, CCAEO-Ontario, and director, Stewardship & Donor Relations, McMaster University.

Coffee Club proceeds to War Resisters

From Monday the 26th to Friday the 30th of November 2007, all the profit of the LU Coffee Club will be donated to the War Resisters Support Campaign!

During the Vietnam War, Canada welcomed more than 50 000 American War Resisters. At that time, Prime Minister Pierre Trudeau said: "Those who make the conscientious judgement that they must not participate in this war...have my complete sympathy, and indeed our political approach has been to give them access to Canada. Canada should be a refuge from militarism". Today, Canada is faced with the

same moral choice to give refuge to those who refuse to be accomplices in illegal and illegitimate war on Iraq. Hundreds of young soldiers have crossed the borders from the USA. They include Michael Espinal, who participated in the siege of Fallujah when in Iraq and who suffers from post-traumatic stress disorder as a result. He and his partner, Jennifer, are seeking their refuge from militarism in Sudbury. By joining the Fair Trade Coffee Club during the week of November 26, you can support them and aid efforts to pressure parliament to allow US war resisters to stay in Canada.

As with the choice that every one of us faces between buying faire trade or free trade product, it is, at the end of the day, a moral question involving the dignity of every human being. And the coffee is great too!!!

The Fair Trade Coffee Club is open in the games Room on the 2nd floor of the Student Centre from 10 am to 4 pm.

If you have any further question you can contact,
Eric Blondin

Vice-président politique, AEF
(705) 675-1151 ext. 2408
vppolitique@monaef.ca

Laurentian student receives Canada Post Award

Sudbury (Ontario) - Laurentian University is pleased to announce that Debra Recollet, student in the Native human services social work program, is the winner of a 2007 Aboriginal Education Incentive Award from Canada Post. Ms. Recollet was presented with her award yesterday, November 21.

The Aboriginal Education Incentive Awards celebrate the motivation and determination of those who have conquered personal, economic or social adversity in the pursuit of learning. \$1,000 scholarships are awarded to individuals who have returned to and successfully completed one full year of high school and to individuals who have successfully completed one full year of post-secondary education, including vocational or skills training.

Ms Recollet is from the Cayuga tribe of the Six Nations Reserve, near Brantford, and is currently in her fourth year of studies at Laurentian University

Student Entrepreneurs could win \$10,000 in National Competition

Jamie Hurlbut

Nominations for the 2008 National Student Entrepreneur Competition will be accepted until 5pm EST on Friday, December 7th, 2007. If you are a successful entrepreneur attending university or college, or you know someone who is, this is your last chance to submit a nomination.

This award celebrates the incredible commitment, determination and achievements of student entrepreneurs from across the country with a series of competitions taking place provincially, regionally and nationally. The award is open to full-time students at Canadian universities or colleges who are also running their own businesses. Nominating a student is simple and the nomination form is available at www.acecanada.ca. Eligible students are also encouraged to nominate themselves.

A panel of provincial judges will review written application forms and will select the provincial champions. These champions will go on to compete in a regional competition where they will be given the opportunity to present their company live to a panel of judges. Regional champions will be selected to move on to the final round of competition at the 2008 ACE National Exposition, May 12th to 14th, 2008 in Toronto. All finalists will have their travel expenses paid to each event and regional champions will each receive a \$1,000 cash prize. The National Student Entrepreneur Champion will be named in May and will receive a

\$10,000 cash prize and will be invited to represent Canada at the Global Student Entrepreneur Awards if he or she qualifies.

"We have been impressed with the quality and number of nominations we have received so far this year," comments Amy Harder, President of ACE. "But with that said, we also know there are many other student entrepreneurs across Canada who have not yet applied or been nominated. These amazing student entrepreneurs deserve to be recognized for their hard work and dedication, so we strongly encourage everyone to nominate all qualified candidates!"

To be eligible for the award, students must meet the following criteria:

*Be a full-time undergraduate and/or graduate student at a Canadian university or college for the 2007-2008 academic year;

*Be a founder and have at least 50% ownership of the company and be principally responsible for its operation;

*Have been in business for at least the past six months (as of September 4th, 2007); and

*Have not competed in the final round of the National Student Entrepreneur competition in the past.

Deadlines

Friday, December 7, 2007:
Nominations/self nominations close

Friday, January 4, 2008:
Applications due

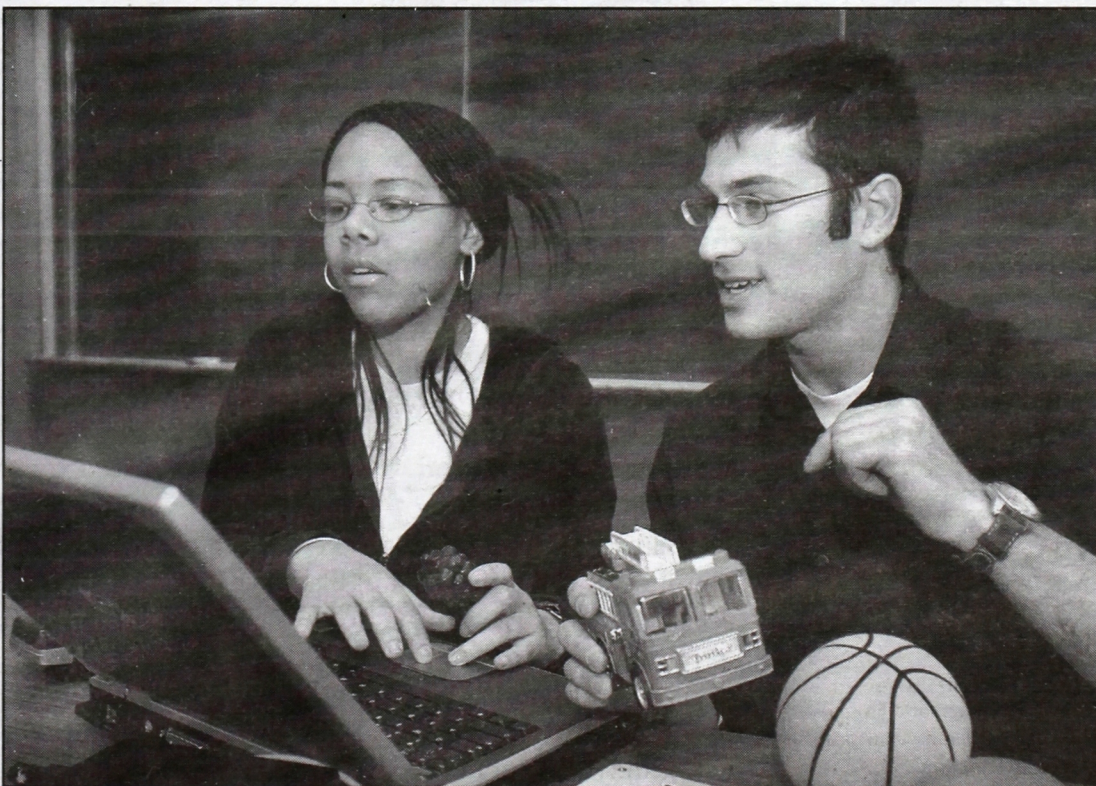
About ACE

Founded in the mid-1980s, ACE is a national, not-for-profit organization that is igniting young Canadians to create brighter futures for themselves and their communities. Working in partnership with business and higher education, ACE operates a team-based program, Students In Free Enterprise (SIFE) and an

individual-based program, Student Entrepreneur. Through these two programs, ACE is a catalyst in the development of university and college students who make a meaningful contribution towards a better country, as entrepreneurs and business leaders.

Operated by ACE and proudly presented by CIBC, the

Student Entrepreneur Program is the only national program to focus solely on full time Canadian post secondary student entrepreneurs. It is a program that strives to enrich participant's lives through recognition, networking opportunities and unique educational tools.



Purdue

Students have the opportunity to showcase their innovative ideas in the National Student Entrepreneur Competition. A panel of provincial judges will review written application forms and will select the provincial champions. These champions will go on to compete in a regional competition where they will be given the opportunity to present their company live to a panel of judges.

Laurentian University to launch Centre for Humanities

Sudbury (Ontario) - Laurentian University will launch and celebrate its new Centre for Humanities Research and Creativity (Centre for Humanities) from November 29 to December 2, 2007.

With the collaboration of community stakeholders, the Centre for Humanities will work toward strengthening cultural interaction and knowledge communication in northern Ontario,

while promoting higher learning and cultural vitality.

The new Centre will foster research and creative projects in the humanities by combining academic and artistic excellence through both theoretical study and practical application. It will provide an institutional space for the development of interdisciplinary expertise and research in diverse fields such as languages, history, politics, law, ethics, rhet-

oric, literature, philosophy, theatre, music, film production and fine arts.

The official launch of the Centre for Humanities will take place on November 29, at 10 a.m., in the Governors' Lounge. It will be emceed by Laurentian University president Dr. Judith Woodsworth, and will showcase some of the talents associated with the new Centre, including a piano performance by Laurentian

music professor Dr. Robert Hall and the projection of a short film on freshwater ecological research created by the Centre's film studio.

From November 30 to December 2, at 8 p.m., in the Alphonse Raymond building, the Centre for Humanities will celebrate the premiere performance of Moisés Kaufman's Laramie project, performed in French by one of the Centre's creative part-

ners, Laurentian's arts d'expression program. "Le Projet Laramie", translated, adapted and directed by Alain Doom, arts d'expression professor, brings to life, through excerpts of more than 200 interviews, the thoughts and feelings of the people of Laramie, Wyoming, in the wake of the murder of a twenty-one-year-old gay student.

Young Canadians riddled with debt

Natalie Climenhaga
CUP Alberta
and Northern Bureau Chief

EDMONTON (CUP) -- An increasing number of young Canadians are facing perilous debt loads, according to a co-sponsored study between Credit Canada and Capital One Canada.

Fifty-five per cent of the survey's 4,487 respondents admitted to living beyond their means at least one month per year. Laurie Campbell, executive director of Credit Canada, explained that the notion of saving for a rainy day is no longer the norm.

"We're living in a society now that says if you want something new, don't pay a cent until 2010, get it now and we'll deal with it later," she said.

Campbell also highlighted the growing availability of student loans and credit which make debt "more acceptable" in today's society.

"The survey pointed to the fact that 92 per cent of Canadians feel that their debt situation is worse today than it was five years ago. Well how is it that they are going to be able to teach their children about proper money management if they've got poor money management skills themselves?" Campbell asked.

The results come as little surprise to Alemayehu Aklilu. The fourth-year geophysics student will face \$24,000 in student loans when he graduates. While he's confident of his ability to pay back his loan, he said that his debt constantly weighs on his choices.

"It's always on my mind. I worry about it. I always think of how long it will take me to pay it off, how much I need to put into it after I graduate," Aklilu said.

Aklilu worked during the summer to minimize his reliance on student loans, but he said that tuition levels were a major contributor to the amount of debt he's accumulated.

"Instead of going to the University, initially I went to Grant MacEwan, and the cost of tuition was half the price of the U of A. So it was a little bit more manageable to think about getting a student loan for tuition that was only \$2,500 instead of \$5,000," he said.

Tracy Watson, however, communications manager for Credit Counselling Service of Alberta, stressed that tuition fees are only one component of the financial equation.

"I would agree that the cost of education is much higher than those of us that went 15 or 20 years ago by far; however, it's only one factor," Watson said, noting that most people who seek her services have credit card and payday loans in

addition to any student loans.

The study found that young Canadians were the most vulnerable to accumulating debt. In light of evidence from the survey, Credit Canada and Capital One Canada teamed up to launch a national credit education blitz called Credit Education Week Canada, which ran from Nov. 13-16.

Watson encouraged individuals in financial crisis to seek out debt management advice.

"Credit is so much easier to get nowadays, people don't see it as a big thing to have. And of course we're in an economy right now that's booming, interest rates are lower, and so we think it's okay, we're only paying a minimal amount, and I think that's why people have become much more free and easy," she said.

But Watson warned that economic optimism can be crippling.

"Certainly the wants might outweigh the needs, so if you want a new car or you want new clothes, it's quite easy to get wrapped up in that, and then all of a sudden find out that your credit card bill is \$5,000."

"The stress and anxiety of trying to deal with this type of debt is huge, and another problem is we're sort of living in a society of, 'I want it now, I'm going to have it now,'" Campbell said.

Shazin Mohamed, Access Fund director for the Student Financial Aid Information Centre (SFAIC), said via email that the University of Alberta centre has recognized the need for financial planning among students and has developed a money management workshop to cater to students who may need guidance with their spending plan.

"This workshop will be offered to U of A students at no charge and will take approximately 30-40 minutes," Shazin said.

In the meantime, Campbell emphasized that students who need to take out loans to finance their education need to make sure that they understand the terms of their loans and that they do everything to reduce the amount they face upon graduation.

"[Getting a student loan] shouldn't be the end-all; they should still [...] try to really minimize how much they actually get in student loans," she said.

"Because let's face it, it's very difficult when you finish school and you're making \$30,000 a year to pay back a \$30,000 student loan."

New Exhibit at Art Gallery

Boreal Baroque
Local Colour
November 24th, 2007 to
January 13th, 2008

Gallery I
Boreal Baroque
Mary Anne Barkhouse

Barkhouse's work is a visual narrative filled with wild creatures that serve to transform our ideas of nature and perhaps make us, for the first time, genuinely consider nature at all. Indeed, many of the creatures found in this tableau are experienced by the viewer only through mass media, perhaps a zoo, but rarely in their own habitat. In Baroque Boreal, the work's setting is inspired by the palatial grounds at Versailles where the wild is juxtaposed with the wildly opu-

lent.

"I will be doing sculptural works that combine the ideas of both baroque and boreal to look at issues of survival and sovereignty in a northern climate...so I am using animals that have developed specific survival strategies for living in this delightful climate that we have and then putting them in a baroque living room setting."

This is a collaborative exhibition organized by the Robert McLaughlin Gallery and is made possible in part by a grant from the Ontario Arts Council's Touring and Collaborations program.

Gallery II
Local Colour

The Art Gallery of Sudbury

is launching our new Art Rental and Sales Program celebrating the excellence of our local visual artists. This exhibition of the participating artists is a wonderful opportunity to view and appreciate the selections chosen. We offer individuals and corporations the opportunity to rent, rent to own or purchase a work of art by one of our local artists to showcase in their business and in the home. This ongoing rental program itself will run through 2008 with catalogue and on site availability at the Gallery.

For more information on this exhibition, please contact:
Art Gallery of Sudbury
251 John Street
675 4871 Fax 674 3065
www.artsudbury.org

Open Mic Night on Friday

On Friday, November 30th, 2007, LCF will be hosting an Open Mic in the Huntington Social Centre at 8pm for anyone with a talent and that means you!

Come out and play an instrument, sing, read poetry, do a comedy sketch or any other talent

If you may want to display. If you don't want to perform that's okay too. Come on out and enjoy a great evening with entertainment and free refreshments.

The best part is that it is all FREE!

See you there!

To sign up to perform:
lcf@laurentian.ca
675-1151 ex. 1080



"My vocation is more in composition really than anything else - building up harmonies using the guitar, orchestrating the guitar like an army, a guitar army."

Jimmy Page

AIDS Awareness Week

December 1st is World AIDS Day. During AIDS Awareness Week, November 26th to the 30th, The HAVEN Program of the Hôpital régional de Sudbury Regional Hospital reminds you that every two hours, someone in Canada is infected with HIV.

Did you know that 27% of the 58,000 Canadians living with HIV are unaware they are infected?

That means that 15,000 people in Canada are not receiving the treatment they need to improve the quality and length of their lives—15,000 mothers, fathers, brothers, sisters, friends and partners may die prematurely because they found out too late that they had HIV.

The HIV/AIDS Epi Updates 2006 Report* released in August, 2006 by the Public Health Agency of Canada shows that the number of people living with HIV in Canada continues to rise.

Symptoms of HIV may not appear for years

Many people infected with HIV don't know they have it because specific symptoms may not appear for years. When they are first infected, some people will have noticeable flu-like symptoms, but others will have no symptoms at all.

The only way to be sure whether or not you have HIV is to get tested. To find out how and where to get tested, you can contact your local AIDS service organization. Getting tested is more important than ever.

What is the difference between HIV and AIDS?

HIV—the Human Immunodeficiency Virus—is a virus that attacks the immune system, resulting in a chronic, progressive illness that leaves people vulnerable to infections and cancers. When the body can no longer fight infection, the disease is known as AIDS, which stands for Acquired Immunodeficiency Syndrome. On average, it takes more than 10 years to progress from initial HIV infection to AIDS.

There is no cure for AIDS, and no vaccine against HIV infection.

Top reasons to get tested

1. You are having sex

Some sexual activities have no risk, while others have a high risk. Unprotected sex where there is an exchange of bodily fluids and/or blood should always be considered a risk, although some activities have a greater risk than others. For example, vaginal or anal penetration without a condom can allow HIV to be passed from one person to another through abrasions in the skin.

Even if we think we know whether or not the person we engage in sexual activities with has HIV, we can't always be certain. This is true for both casual and long-term relationships. Getting tested can be important for your own peace of mind.

2. You are using drugs or alcohol

Injection drug use has high risk for HIV infection. Almost half of all new HIV infections in Canada are now due to injection drug use. People who are sharing a needle to inject drugs are at great risk of getting infected by HIV. Infected blood remaining on a needle can be transferred to another person using the same needle. It is a direct route from one infected person's bloodstream to another person's bloodstream. If you inject

drugs, you should always use a clean needle—either a new one or one properly disinfected with bleach.

Getting tested for HIV is a simple procedure. The results, however, can be life-altering. What if your HIV test is positive, meaning you have HIV? If you decide to get tested for HIV, then you should be prepared for this possibility.

Counseling before getting an HIV test is an option you should consider. Any local AIDS service organization will be able to tell you where you can get tested anonymously or receive counseling. The most common HIV test

done in Canada is called ELISA. This test does not actually detect the virus; it looks for antibodies that your body makes to fight the virus. It is done through a blood sample or in some cases, using an oral fluid sample (mucous and saliva from inside the cheek or on the gums) or a urine sample. It can take up to three months from the time you are infected for your body to produce

enough antibodies to be detected by this HIV test. In order to have an accurate result, therefore, you need to be tested at least three months after you last had unprotected sex or shared a needle.

If HIV antibodies are detected, a second test is done to confirm the positive result. This test is called the Western Blot. If the first test was done using an oral fluid or urine sample, a new sample is taken (a blood sample this time) to confirm the positive result. If the first test was a blood test, some labs will re-test the original sample, while others will take a new blood sample.

Think about this: if you got a negative test at six weeks, would it be accurate? It is best to wait until at least three months after the risky encounter before getting tested so that it is entirely accurate.

The Canadian HIV/AIDS Legal Network advocates that HIV testing policies and practices must respect people's human rights, so HIV testing should include:

- * informed consent... to understand that you are being tested for HIV and to give permission to do so.

- * pre-and post-test counseling... to prepare for the possibility of a positive result and to learn how to cope with it.

- * guaranteed confidentiality of test results... to ensure that your results are not shared unless you give permission.

If your test is positive, who else will know?

HIV infection is reported to health authorities in all provinces and territories, although each has a different practice for reporting HIV infection. All provinces and territories in Canada offer at least one of the forms of HIV testing; anonymous HIV testing, however, is only available in seven provinces at this time, and rapid testing in only two. To find out about the practices in your province, consult the chart HIV Testing and HIV Reporting by Province/Territory on page 15 of the HIV/AIDS Epi Updates 2006.

If you are at risk of HIV or think you are, take the time to learn about the importance of HIV testing. You can protect your own health and help to stop the rise of HIV in Canada.

A Little Bit of Charity Can Go a Long Way



Mustafa Abdulhusein

Well readers, you know what time it is! That's right, it's December. That means the dreaded stress of exams and the added stress of the holidays—like baking cookies, presents to buy, carols to sing, and maybe even travels to plan! Holy cannoli!

If that wasn't enough some of us have the added stress of perhaps not being in the most stable economic state for this holiday season. This seems to be especially true at Christmas—only adding to the big burden.

According to Stats Can, in 2000, in the Greater Sudbury area, a whopping 14.9% of the population had a low income (an individual who needs to spend 20% more of their total income on basic necessities than the national average). That means, that 22, 895 Sudburians in 2000 spent 20% more on basic necessities than the average Canadian. The average cost of living has also increased— it's difficult to get a place in Sudbury now for less than \$700.00/month I'm told.

Undoubtedly, there are many students who face a tough time during the holidays; especially one's who have younger children to support and more than one mouth to feed. That's what I wanted to tell you about for this week— there are some people on

campus that can help!

The Laurentian University Interprofessional Health Society (formerly LU Pre-med society) has a great idea that may alleviate some of your worries this year.

What is the amazing idea?

Food baskets!

If you find yourself "financially challenged" this Christmas, you can request a special Christmas food basket. These will be delicious food hampers filled with the necessities so that you may have a wonderful Christmas without having to worry about food!

Those requesting baskets can contact Natalie McLean via email at ny_mclean@laurentian.ca. Necessary information is needed such as: Name (can be anonymous), current address, current phone number, number of people in the family (age, gender, size for gift purposes), allergies, religious views on food and finally if you would like it delivered or pick up.

All basket requests must be in by Thursday, December 13th, 2007. Baskets will be ready for pick-up or deliveries on Thursday, December 20th, 2007.

But how can everyone on campus participate to help fellow stud

If you want to help out, there are definitely a lot of things that you could do, such as: bringing

in some non-perishable food donations and/or gift donations are genuinely needed. Please bring in as much as you can. Drop offs can be made at the SGA/AEF Food Bank or in the Counseling and Support Programs Office in L-210.

The good people at the LUIHS would like to stress that any personal information is kept in strict confidence and all information will be destroyed after December 20th.

Also, there's another awesome way you can help out: Moore's Clothing For Men on Lasalle will be offering gift-wrapping to anyone in the community for a small donation. This will take place throughout the December weekends and all the proceeds will go to the Food Basket Fund. Here's a bonus: Moore's is having a huge sale on all their clothing! So, donate money to a great cause and look snazzy doing it!

For any questions, please contact Natalie McLean at ny_mclean@laurentian.ca.

Thank you for your anticipated cooperation in this project which will help bring a small amount of joy to the lives of students and their children at this special time of year.

Have a great holiday readers (you deserve it), and remember this quote from The Mask:

"P-A-R-T-Y? Cause I gotta!"

This can also be applied in the meantime— "S-T-U-D-Y? Cause I gotta!"

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Matt Moskal
A & E Editor

The weather outside isn't too far from frightful, and as long as we can't start fires in residence (see: arson) it's difficult to say what can be conceived as so delightful. Nonetheless, we all have some place to go, and I have no objections to letting it snow, letting it snow, and letting it snow.

And while we're suffering from the hammering of precipitation in some way or another, why not let our bodies succumb to the thunderous hammering of percussion? It's much more pleasurable, and you don't have to worry about cleaning off any foreign liquids (take that H₂O!).

By the time this paper hits shelves, it should be the 29th of November. Exam season is just around the bend, the horrifying struggle in the world of commercialism we call Christmas shopping will have commenced, and we will all glide gracefully into the Winter solstice. However, just because the break isn't here yet, that doesn't mean we can't celebrate a bit early. And this encouragement comes in light of upcoming arts and entertainment events within this area.

The Townhouse will be hosting to Ottawa's surf spy outfit The Reverb Syndicate and local garage rockers The Havocs. This show comes at the low price of \$5.00 (80 cents more than a drink at the very bar you can see them at) and will have you downloading tunes from the New Bomb Turks and The Surfaris in wake of its aftermath. It's a shame Laurentian beach is pretty much already frozen over.

On December 1st, on the very same stage, The Comfortable Chairs will rise up to the occasion and spread their seed through a series of blues and funk numbers. Also for the reasonable price of \$5.00, this show will help you usher in the cold of winter by heating things up on the dance floor. Mittens are not suggested to be worn during this performance.

Also on December 1st, the STC draws up its curtains on this year's holiday offering: Cinderella. Running until the 16th, this production will put another interesting twist on the timeless tale of wonderment. Contact the Sudbury Theatre Centre box office for more details.

Tradition stays alive on December 7th as Tom Waits' 58th birthday brings life to the Townhouse through an array of local performances. The jazz/blues singer/songwriter and avant-garde self expressionist has been singing for the underdog, the broken hearted and the vagabond since his 1973 album: Closing Time. While Sudbury may not have Scarlett Johansson singing various tracks from Waits' lengthy discography, the 7th will still be loaded with an experienced group of locals who are more than willing to find the heart of a Saturday night on a Friday. Admission is \$5.00.

No matter how damp your clothes may get, don't let the weather get you down.

Not Just a Mountain Range in Labrador

Matt Moskal
Arts & Entertainment Editor

On November 21st, Montreal instrumental trio Torngat commenced their cross Canada tour for their latest album *You Could Be* (released Sept. 4th). Fusing together pop sensibilities with soothing ambience via French horn, multiple keyboards and various strategically placed drums; the Townhouse was illuminated with a sweaty and near ritualistic display of musicianship.

Band members Pietro Amato, Mathieu Charbonneau, and Julien Poissant utilized the venue's stage as well as their own equipment throughout their set. The Townhouse had become a jungle gym for a musical landscape that was both playful and passionate in nature.

New material was most prominently on display as the Alien8 recording artists braced themselves for their next two weeks on the road. During "Bordeaux Boredom" one of Amato's hands and Charbonneau established a curious mindset through atmospheric French horn and keys while Amato's other hand and Poissant's sense of rhythm crashed like lightning across a vibrant sky. The scenery was imaginary but positively breathtaking.

Elsewhere, "Gemini One" slinked off the drum kit and filled



Contributed

Torngat kicked off their cross Canada tour at the Townhouse on November 21st.

the room with a quirky keyboard fill that maintained a consistent level of captivation despite the shortness of the track.

The set also featured quick instrumental change-ups from drums to keyboard, French horn to keys, and timely alterations between FX pedals and smaller gadgets. The end result was an inviting and exciting performance that played out like a high energy recital to a quality that put

some recordings to shame.

Opening for Torngat were the emotionally charged poppy outfit Hello Marx and the jazzy ensemble Pentothal. While Hello Marx's set tugged heartstrings with chilling tunes like the show stopping "Carnival" and lively pop compositions like "Wrong Side of the Badge", the soft jazzy vocals of Pentothal prevented the potential dance party from breaking out between the opening band

and the headliners. However, it was with this charm that an adoring applause kept the face behind the vocals blushing throughout the night.

Unique in presentation, each band working the stage on the 21st kept the eyes of the crowd in their direction and even turned some heads. A rather epic experience for a Wednesday night.



O Green World

Matt Moskal
Arts & Entertainment Editor

November 22nd, in Huntington Social Centre, HUCS (Huntington University Communication Society), Sustainable Earth, and WUSC (World University Services of Canada) hosted a happening known as Green House, a coffee house that provided a total of 4 and a half hours of live music and delicious Fair Trade Coffee (provided from Coffee Club). The event served as a fundraiser for the Friends of the Roxborough Greenbelt, which is dedicated to purchasing and maintaining a sustainable Roxborough Greenbelt area, and brought in a total of \$150.00 for the cause.

The night commenced awkwardly at 6:00 pm to a small gathering of attendees, club members and friends of performers waiting patiently for performances to begin. By 7:00 pm, the show's host had already contributed several improvised songs and covers to keep the audience at bay before Clayton Drake took to the social centre's piano and regaled onlookers with several originals and a heartfelt cover of The Decemberists' "The Engine Driver".

Other performances includ-

ed the talents of LUL's Got Talent entries Harris Daniel and 3rd place runner-up Andrew Laviolette, whose rendition of "Candle in the Wind" was a serious showstopper. Also in the program was Tina Roy, whose tender modest song writing was not lost for a moment on the audience on hand (or her fellow performers) as nobody seemed to notice that her set went over the average performer's stage time and likely did not care.

The night was kept alive for several more hours by Huntington music students Kim Schmidt and Jessica Todd, Garson's own Herd of One, TJ Kirby, Midori Buechli, Huntington Social Centre's own Tyler Bayley, Victoria Dykes, Rita Murphy, and the musical tag team of Dan and Harris, who ended the night with an open jam with the evening's host and Tyler Bayley, just before the audience seemed to saunter off.

Representatives from Sustainable Earth and WUSC made their presence and causes known by addressing and riling up audience members with a series of speeches between performers which met a warm applause.

The atmosphere was inviting, the sounds were soothing, the coffee was excellent and in the end the cause was justified.

Cinderella opens at the STC

In keeping with its long-standing tradition of offering outstanding family-friendly productions during the holiday season, the Sudbury Theatre Centre is delighted to announce that it will be hosting the world premiere of Geoffrey Dinwiddie's magical re-envisioning of Cinderella. Set in France in 1649, this imaginative take on the familiar classic follows the kind-hearted Ella de la Rochepot – cruelly nick-named "Cinder-Ella" due to her sooty appearance – as she struggles against her wicked and manipulative Stepmother and Stepsister to become the beautiful princess she was always meant to be! With the help of her loyal and hilarious cat, Maurice, her compassionate stepsister, Flossilde, and her world-traveling Fairy Godmother, Ella hitches a ride to the royal ball on a spectacular pumpkin carriage and steals the Prince of England's heart with her beauty, charm, and breathtaking glass slippers!

During the ball, Ella gains some much needed self-confidence, and with it an understanding that the limits others place on us can be overcome if we just believe in ourselves. Filled with a newfound sense of courage and purpose, Ella finally stands up to her stepmother and watches as the devilish woman gets what's coming to her! Filled with love, laughter, and, of course, MAGIC, Dinwiddie's Cinderella is a tale of personal empowerment sure to inspire as well as entertain.

George Pothitos, Artistic Director of the STC, is extremely pleased to be serving as Director for what is sure to be a visually stunning production, thanks largely to a very dedicated and creative production staff. Geoffrey Dinwiddie, designer of the incredible sets from last year's holiday offering, James and the Giant Peach, has envisioned some wonderful fairytale settings complete with castles and courtyards. Likewise,

Crystal MacDonell, Stage Manager and Costume Designer, has captured the elegance and extravagance of 17th century French fashion with her gorgeous dresses fit to be worn by any aspiring princess. Christina Cicko, Lighting Designer, will be adding her own creative touches to complete this visual feast.

The cast that will be bringing this spellbinding tale to life on stage is comprised of some new and some familiar faces:

Playing the role of "Cinder-Ella" herself will be the lovely Alexandria Galante. Alexandria will be making her STC debut, and some of her previous credits include roles in Heritage Theatre's *Man of La Mancha*, Theatre Aquarius' *Bugsy Malone*, and Tivoli Theatre's *Evita*.

Also making his first appearance on the STC stage is Andrew Scanlon, whose most recent stage credit includes the role of Benedick in the Driftwood Theatre Group's production of *Much Ado About Nothing*. Andrew is thrilled to be a part of this production, and he is sure to be hilariously delightful in the role of Maurice the cat.

The Sudbury Theatre Centre's spectacular family-friendly production of Cinderella starts Dec 1st, and runs until Dec. 16th. Showtimes are December 1st, 8th, 9th, 15th, 16th, at 2:00pm, and December 1st, 7th, 8th, 14th, 15th, at 7:00pm. Also, a special Pay What You Can offering will run at 2:00pm on December 2nd. Ticket prices are \$14.75 for students, \$24.75 for seniors and \$29.75 for adults. A special family rate of \$50.50 for four people is also available. Secure your seat today by calling the STC box office at 674-8381 x21, or by visiting our website and ordering online: www.sudburytheatre.on.ca.

Clement Announces \$450,000 in FEDNOR Funding For Sudbury

SUDBURY, Ontario, November 23, 2007 — The Honourable Tony Clement, Minister of Health and Minister for FedNor, today announced a FedNor investment of more than \$450,000 in support of Cambrian College's Sustainable Energy Centre and nine local initiatives benefiting the residents of the Greater Sudbury region.

"Building a stronger Northern Ontario is about creating an environment in which businesses can grow and communities can prosper," stated Minister Clement. "This investment of more than \$450,000 will

help strengthen the local economy and keep talented young graduates living and working in the North."

As part of today's announcement, Cambrian College will receive \$280,000 to complete detailed architectural & engineering design plans for its Sustainable Energy Centre. Once complete, the Centre will serve as a training facility and laboratory for the college's new Energy Systems Technology Training Program. The centre itself will meet the highest level of Green Building Certification and is expected to be the first facility of

its type in North America.

Of the remaining funds, Laurentian University and Fuller Industrial will receive a total of

\$162,714, through the FedNor Youth Internship Program, to hire seven recent post-secondary graduates; Club Richelieu Les Patriotes De Sudbury will receive \$5,000 to market and promote Congrès International 2008; and the City of Greater Sudbury will receive \$3,000 to support learning opportunities for members of the Northern Ontario School of Architecture Committee.

As outlined in Budget 2007,

the Government of Canada is working to strengthen the economy and build our communities by reducing Canada's debt, lowering the taxes on hard-working families, helping Canadian businesses compete globally, and making unprecedented investments in the infrastructure that connects our nation.

"I sincerely want to thank Minister Clement and the Government of Canada for sharing our vision," said Sylvia Barnard, President of Cambrian College. "By supporting Cambrian's Sustainable Energy Centre, they are sending a clear

message to the global community that Canada is committed to ensuring an environment and a way of life that will support and sustain future generations."

"Our community recognizes and appreciates the ongoing support of FedNor," said John Rodriguez, Mayor of the City of Greater Sudbury. "Today's announcement demonstrates confidence in our economy, our educational institutions and our youth. This is an investment in the future of Greater Sudbury and the leaders of tomorrow."



The Hon. Tony Clement, Minister of Health and Minister for FedNor, speaks to media at a news conference at Confederation College's Aviation Centre of Excellence in Thunder Bay today to announce the creation of an Advisory Board for FedNor.

Science North develops attraction in Texas

Aztec on the River explores Aztec legends and mysteries

A multimedia attraction developed, by Science North is among the winners of the 14th annual TEA's Thea Awards. This prestigious international awards program honours outstanding achievement in the creation of compelling places and experiences, and reinforces the value of experience design and themed entertainment approaches to engaging people worldwide.

TEA (formerly Themed Entertainment Association) is an international nonprofit organization founded in 1991. It is dedicated to connecting organizations seeking to engage, enchant, educate and entertain their guests and visitors with the creators of compelling places and experiences worldwide.

Awakening of the Temple, is a Science North produced show for the Aztec on the River attraction in San Antonio, Texas. This attraction in on the famous Riverwalk, a key attraction in Texas which draws more than 6 million visitors annually. The Aztec on the River opened in the spring of 2006, and is being honoured with the Attraction Limited Budget 2007 TEA Thea award.

"Awakening of the Temple is yet another example of the talent and skill of the scientists and in-house production teams at Science North," said Science North CEO Jim Marchbank. "Our team has created several award-winning exhibitions, multimedia theatres and large format films for science centres, museums and venues worldwide. Awakening of the Temple is another Science North produced interactive adventure that edu-

cates, inspires and entertains."

Aztec on the River is an attraction, which was created in a restored 1926 movie theatre in San Antonio, Texas. The project was part of a multi-million dollar downtown revitalization project designed by Euro-Alamo Management Inc., an international real estate firm. Science North produced three separate experiences for visitors to the Aztec on the River attraction, including the Awakening of the Temple lobby show. This ten-minute special effects show dramatically tells the story of an ancient Aztec legend with animation and animatronics, lighting effects, surround sound, and simulated smoke and fire. The show awakens the spirit of Xochitl, who tells modern mortals of ancient Aztec mysteries, while highlighting the architectural, artistic and historical

integrity of the building. The show's climax features a seven-foot-long feathered serpent rising out of the temple floor to tower above the audience. For more information visit www.aztecontheriver.com.

The official presentation of the awards will be made March 8, 2008 at TEA's 14th Thea Awards Gala at the Disneyland Hotel in Anaheim, California. Previous recipients of the Attraction Limited Budget award include Disney, MGM, Universal Studios, and the Georgia Aquarium. Also being recognized in other categories, as part of this year's awards program, are Sea World, Disneyland, Cirque du Soleil and Sentosa Island (Singapore). For more information, visit www.TEAConnect.org.



The Aztec on the River Theatre in San Antonio Texas is the new home of a multimedia attraction developed at Science North in Sudbury.

Television: Reconsider Your Investment



Wesley McDonald
Assistant Editor

Financial tension is a fact of most Canadian students' reality for few, if any of us are lucky enough to enjoy a prepaid education. In fact most of us are on intimate terms with the learn-work-eat-sleep regime that seems to commandeer the majority of our time. Most students have already assembled and accepted the monetary treadmill of bills, spending and paying. This is largely unavoidable as the institution we have chosen to attend operates within the national monetary system, as do most organizations, big and small in this country.

Tuition is an unforgettable hurdle and the issues surrounding it have become serious points of conflict in the educational politics of the country. While the efforts that are being made to soothe this particular ache in our post-secondary education system are extremely important and this issue is one of the most important among all regarding the educational institution of Canada, perhaps it has upstaged a few other important money issues that are pertinent to student life.

In the wake of Buy Nothing Day and the article that appeared in the last issue of this paper about it, I would like to examine the Canadian student's place in consumer culture. Strapped for cash to begin with, you might think that Canadian students would have more to say about the replace/repay ideology our country has adopted mostly thanks to American influence; that they would recognize the marketing that has taken over a popular pastime of Canadians as a whole-television.

It is easy to submit to the secure place of unthinking passivity provided by television programming and I will admit that a break from thinking is sometimes exactly what an over-stimulated brain needs after a day of classes and studying. However few realize the effects that hours and hours of advertising can have when absorbed into your subconscious.

Your brain, your intellect, or your thought box, the thing that thinks no longer thinks as freely when it has been told over and over again for thirty seconds at a time what to buy and why every single day. There are coercive, rhetorical schemes implanted in all advertising that are meant to persuade and so a catchy jingle stuck in your head is not as innocent as you might believe. Think about what you buy, why you believe you want it and where that desire comes from. If it came from something you saw on T.V. chances are these decisions were not entirely your own.

We've all heard the television rant, long ago reduced to absurdity by the label "boob tube". "It'll rot your mind!"...How familiar is all that? Too familiar I say. Passive entertainment has become the tolerated opiate, massively consumed by a population that is jaded and widely indifferent to its negative effects. Television should be considered a possibly dangerous consumer product because of the addictiveness of it and the powerful influences advertising can have on impressionable minds. So don't fool yourselves; when you've spent enough time watching television you zone out and your mind is, whether you realize it or not, much more impressionable or "soft" than it would be otherwise engaged. Such a product should come with the applicable warnings because not only does television eat up one's time it can also change the way your brain operates on basic decision making levels. Adbusters, the founders of Buy Nothing Day even published an article that went as far as calling advertising brain damaging.

If students are to effectively battle debt on multiple fronts we might do well to adopt the philosophy of responsible consumerism. This includes doing things like buying only what you need and making sure you make your purchases count, but most importantly of all it means making your own decisions; refusing to be influenced. Don't resort to big brand names just because their products are available and seem cheap. These institutions usually hide true cost behind storewide price adjustments, iffy production methods and by concealing poor quality. They also rely on establishing a good image that is made accessible to the general public in advertising.

So how are students to have a good quality of life and fight debt at the same time? Well the market is hardly one sided. There are establishments where it is possible to find low prices and good products and to make responsible purchases. It is also possible to re-evaluate your notion of "good things". I personally consider any clothing with a brand name spilled across it to be a wearable, washable billboard; a way for rich corporations to make you pay for advertising their name. If you try to keep the principles of responsible consumerism in mind you may find yourself spending less money on clothes that you enjoy more, on food that tastes better and saving money for more important things than achieving "cool". So choose to turn the T.V. off, choose to buy well, choose to begin a life with less debt and choose to keep it. Choose to have more time on your hands. Time and freedom! Is there a better gift for students to give themselves?



UNIVERSITY OF SUDBURY

COURSES – JAN. 2008

NEW THIS TERM!

NATI 3256 EL 01 Aboriginal Health and Wellness

The aboriginal holistic notion of health inclusive of the physical, mental, spiritual and emotional aspects of being. A comparative historical framework is incorporated in order to understand aboriginal health issues in the past and present. Models of aboriginal healing are explored with an emphasis on culture, spirituality and traditional medicine.

Prof. G. Goudreau, Mondays 7-10 p.m. Room 212

RLST 3157 EL 01 Secret Gospels: Hidden Life and Teachings of Jesus

In this course we will evaluate the historical values of the Secret Gospel. Students will also learn about the content, the ideology and the reception of these texts in Early Christianity.

Prof. A. Gagné, Tuesdays and Thursdays, 2:30 – 4 p.m. Room 212

PHIL 3326 EL 01 Topics in Early Modern Philosophy: The Body-Machine

This course will focus on the modern idea of the body-machine. It will look backwards and forwards from Descartes' fateful *cogito* by examining the road leading to, and following from, the development of what David Le Breton has called the 'orphan body', a body separated from the soul, from nature, and from its *self*. It will also examine a number of contemporary issues arising out of the mechanistic conception of the body, including organ transplantation, artificial intelligence, and cosmetic surgery. Alternative approaches to the body (e.g. Spinoza's) will also be examined. (Students should have completed 6 credits in philosophy as a pre-requisite for this course.)

Prof. C. Collier, Tuesdays and Thursday, 10 – 11:30 a.m.



REGULAR COURSES

Introductory Nishnaabemwin B Can. Native Lit: Novels and Plays Aboriginal ... and the Criminal Justice System From the 4th World: International Aboriginal... Introductory Nishnaabemwin B Aboriginal ... and the Criminal Justice Existentialism	NATI 1017 EL 01	M.A. Corbiere	M/W/F	11:30 - 12:30 Room 112
	NATI 2617 EL 01	R. Spielmann	Tues	19:00 - 22:00 Room 111
	NATI 3116 EL 01	K. Fitzmaurice	T/T	10:30 - 11:30 Room 212
	NATI 4587 EL 01	N. Kanhai	M/W	16:30 - 18:00 Room 112
	NATI 1017 EL 10	(correspondence course)		
	NATI 3116 EL 10	(correspondence course)		
	PHIL 3476 EL 01	R. Srigley	T/T	11:30 - 13:00 Room 212
Introduction to the Hebrew Bible Buddhism: The Hinayana Tradition Biblical Studies II: Reading the Text	RLST 2106 EL 01	A. Gagné	Mon	19:30 - 22:00 Room 114
	RLST 2276 EL 01	K. Fitzmaurice	Tues	19:00 - 22:00 Room 114
	RLST 4117 EL 01	A. Gagné	Wed	19:00 - 22:00 Room 111

www.usudbury.ca

Canadian Federation of Students AGM concludes

CFS blocks McGill membership, rejects Israel boycott, elects new executive

Nick Taylor-Vaisey
CUP Ottawa Bureau Chief

OTTAWA (CUP) – The Canadian Federation of Students has blocked the membership of the Students' Society of McGill University, rejected the idea of boycotting Israel and elected a new national executive.

The Nov. 21-24 CFS annual general meeting in Gatineau, Que. was not without its drama.

Voting down SSMU

At the opening plenary session, members declined to extend the prospective membership of the Student Society of McGill University (SSMU) for another year, denying the society a voice in future affairs of the CFS.

With SSMU gone, there are only four student groups left in the Quebec wing of the CFS: Concordia University's students' union and graduate students' association, and McGill University's post-graduate students' society. The Dawson College Student Union (DSU) is as yet only a prospective member of CFS-Q.

Concordia's graduate students' association may also be on its way out this Spring if they follow through with a defederation vote mandated by a petition submitted in October.

The CFS-Q has been paralyzed this year, locked out of their offices and ineffectual, since two parallel executive teams were elected by opposing students' unions. A lengthy court battle has kept both teams out of office until a

judge reaches a decision, which is not expected until December.

"Because CFS does nothing for the GSA, it doesn't use the services, all the money that is used [goes] to pay the lawyer's fees [for the CFS-Q legal battle]," said Patrice Blais, the former interim president of the Concordia's Graduate Students' Association, who initiated the petition to leave the CFS.

According to CFS National Chairperson Amanda Aziz, around 60 per cent of members – led by parts of the Quebec delegation – voted to eject the SSMU only a year after they had become prospective members.

Noah Stewart, the vice-president of communication of the Concordia University Students' Union, voted against the SSMU because he felt that they did not want to work with the CFS' Quebec membership.

"We had the Quebec component completely shut down largely because of the action of the SSMU," he said. "[SSMU] has, since joining [the CFS] just over a year ago now, acted in completely bad faith the entire time and undermined the democracy of the component."

Aziz was surprised by the debate and regretted the decision not to renew SSMU's membership.

"We, as a national executive, were obviously recommending that the membership be extended. I was certainly surprised to see what was happening," she said.

"We haven't had a chance to talk about it as a national executive yet, but I would say

most were disappointed that that was the end result of the motion."

Aziz said that those looking to eject SSMU might have been hasty in their action.

"I think that although there was concern for the actions of certain people had been, I am a believer that we're stronger when we work together. I think that there could have perhaps been some more discussion leading up to the meeting," she said.

Public-opinion polling

According to a poll presented by CFS Government Relations Coordinator Ian Boyko, 34 per cent of Canadians trust students more than any other education stakeholders when it comes to policy development.

The poll was conducted by Decima – the same firm used by the Canadian Association of University Teachers.

pleased to see this is a stronger priority than reducing the GST."

Boyko said that the polling services provided by Decima help advance their student movement.

"We value the data we get back, and it serves many purposes from literally gauging public opinion, giving our activists and our membership a sense that the work that they're doing is working. In some ways it can be very motivational," he said.

Newly elected executive

Katherine Giroux-Bougard, the current chair of the Newfoundland and Labrador component, was elected national chairperson.

Brent Farrington was re-elected deputy chairperson, and current Ontario executive representative Dave Molenhuis was elected national treasurer.

Giroux-Bougard looked forward with optimism, but said that the task at hand – successfully lobbying the federal government – is made harder by the current administration led by Prime Minister Stephen Harper.

"The federal government has been more inclined to implement tax cuts rather than invest in social spending, social spending we need to make post-secondary education accessible," she said.

Giroux-Bougard attended Concordia University for one year, but said that it wasn't until she transferred to the Memorial University of Newfoundland, and became president of its student union in 2006-2007, that she realized how much advocacy was necessary at the pan-Canadian level.

In reference to the internal dissent plaguing the CFS, including petitions from several member associations to leave the organization and a nearly non-existent Quebec component, Giroux-Bougard said some level of disagreement is natural in such a large organization.

"Not everyone is always going to get along. Democracy is not an easy thing, so you can't expect everyone to come to general meetings and be happy," she said.

"Part of being a large organization is there are disagreements and different viewpoints, so I guess it's a challenge, but I think it's important to make those people feel like they can participate as fully as possible in those discussions."

Afternoons during the four-day meeting were dominated by educational sessions for the CFS membership. Briefing sessions and panels dealt with public opinion polling, a review of recent provincial elections, copyright reform, ethical purchasing and an overview of the post-secondary review conducted in Saskatchewan.

-with files from Toby Elliott, the Concordian



Israel-boycott motion denied

A controversial motion from the Ryerson University students' union that declared Israel an apartheid state and called on the CFS to "investigate the feasibility" of a boycott campaign against the Middle Eastern country was removed from the agenda entirely.

"I have hard time saying whether that was for the best or not. There was a lot of discussion leading up to the meeting, people were calling about this motion and stating their opinions on the issue," Aziz said.

"The national executive, on that issue, was very much taking the lead of our members."

Shortly after the motion was removed from the agenda, the CFS received praise from the Canadian Federation of Jewish Students, the Friends of Simon Wiesenthal Centre in Toronto and prominent Conservative blogger Stephen Taylor.

In addition to a "free" question about voting intentions provided by the pollster, respondents were asked about the relevance of student issues in their daily lives.

The top priority for post-secondary investment, according to the 2,000 Canadians who participated in the poll, was reducing tuition fees, which received a 55-per cent majority.

Nineteen per cent suggested reducing class sizes, 13 per cent favoured increasing research and 12 per cent thought more spaces for students was important.

The poll also found that a majority, whether student or not, favoured a reduction in tuition fees over a cut to the GST.

"Everybody in one way or another benefits from a cut to the goods and services tax, at least when it comes to a reduction in the sticker price," Boyko said.

"There are many people who are done their schooling, or whose kids are done schooling, or who don't have any kids, and they receive no direct benefit from a tuition-fee reduction. We were

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APPLICATION DEADLINES

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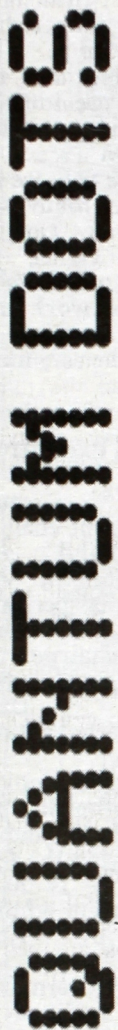
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The Science of Attraction

Matt Strickland



Downunder to third base? This week, Quantum Dots offers you a few lessons gleaned from the field of sexual evolution theory and psychology.

Lesson#1: Be symmetrical

Studies have shown—in all sorts of animals from scorpion

flies to zebra finches—that symmetry is one of the most important determinants of beauty. Researchers have shown, for example, that barn swallows with symmetrical tail feathers are far more likely to mate than their asymmetrical counterparts. The same story is echoed throughout the animal kingdom and humans are no exception. That being said, few of us have a left and right side which are mirror images of each other. You may have a mole on one arm which you don't have on the other, the index finger of your dominant hand may still be kinked from that time you broke it in tenth grade, or you may have a nose ring in only one nostril. Such minor deviations don't seem to matter much, but we seem to be unconsciously programmed to dislike fleshy asymmetries.

Studies conducted at the University of New Mexico showed that male students found symmetrical female faces more attractive than asymmetrical faces. On top of that, those women blessed with symmetry had a history of more sexual partners and tended to first have sex at an earlier age. Another study of 183 Jamaican teenagers showed that symmetrical people were better dancers. Researchers used motion-capture cameras to preserve dance movements, but to reduce detail about the person to little more than a stick figure. It turns out that the figures rated as the best dancers were consistently those captured from symmetrical people. What's more, symmetrical men smell better. The same research group from New Mexico borrowed sweaty undershirts from a variety of men, offered them to the noses of women, and asked for their impressions of the scents. Hands down, the women

found the smell of symmetrical men to be more desirable and attractive, especially if the woman was menstruating.

Why is this preference for symmetry so widespread? It is generally believed that symmetry is an important indication of how good an organism is at dealing with stressors. Coming back to those barn swallows, for example, researchers were able to link wonky tail feathers to nest parasite exposure in young birds. As a swallow on the prowl, you wouldn't want to mate with a bird who can't even fight off a few little parasite infections, would you?

Lesson#2: Work on your figure

Body shape is also pretty important. A number of researchers have shown that the most attractive waist-to-hip ratio (WHR) in Western cultures is 0.9 for men and 0.7 for women. Most of these results were obtained just the way you'd think to obtain them: show a bunch of men a bunch of computer-generated pictures of women with varying body proportions and get them to rate the qualities of each. Another study took a slightly different approach. They took the measurements of 240 Playboy centrefold models from 1978 to 1998 and analyzed the results. Over the past 20 years, the average weight and WHR have remained constant—they're generally just clinically underweight (BMIs of 18.1 kg/m²) and have waist-to-hip ratios of 0.68. This same type of study also indicates that female figures with large breasts and narrow hips are rated as more youthful, attractive, and desirable, while those with large body size, a high WHR, and larger hips make the woman appear older,

unattractive, and less desirable.

Very similar studies have been conducted to determine the most attractive traits in men. One big study from Cambridge University had 700 women rate 30 male body types for attractiveness. Pear-shaped endomorphs were quickly discarded, as were beanpole ectomorphs. This left mesomorphs—men with lean hips, trim waists and broad shoulders (making the characteristic V shape), and pert buttocks. The most popular combination was finally achieved when researchers added chest hair spanning down to the navel.

It is important to note that these results come with cultural context. When the men or women polled aren't European or North American undergrad students, the results can be pretty different.

Lesson#3: Girls, your opinions change. Guys, beware of manly men.

This is one of the coolest areas of attraction research and also one of the most hotly debated. Essentially, some researchers have shown that the men women find attractive depends on where they are in their menstrual cycle. This general theory was first demonstrated in animals and then later tested in humans.

By again asking a large number of women to rate the attractiveness of computer-generated male faces, scientists determined that women are attracted to more masculine men at the most fertile time of their menstrual cycle. The rest of the time, they are more likely to choose feminine-looking male faces which are generally attributed to be kinder, gentler, but genetically weaker and less



healthy. Masculine men tend to have pronounced secondary sex characteristics. These are features unique to each sex, but not including genitalia—things like a more prominent jaw, facial hair, and deeper voice in men and breasts, smoother skin, and wider hips in women. Very well developed secondary sex characteristics are generally associated with good health and good genes. Animals that can barely feed themselves don't have the energy to spare on ornate tusks, bright plumages, or cumbersome antlers.

It is thought that this changing pattern of female attraction is an innate mechanism women use to ensure the success of their genes. A less masculine-looking man may generally be a better long-term partner, but the healthiest, most robust children would be produced by a quick fling with a manlier man. If a woman were to follow this instinct to completion, she could give birth to the strong child of a very masculine, but unfaithful man and then raise it with the help of a feminine, but loyal and caring other dude who wasn't even aware that the child wasn't his. Now, although this has been shown in simple animals and in how women rate the attractiveness of men, it's applicability to real life is still being debated.

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New Mascot for Voyageurs



Laurentian Athletics

Maggie Frampton
Sports Editor

The opener weekend for the Voyageur basketball team was on November 16th and 17th and on that weekend was Katelyn Larue first time as Laurentian's new mascot. I sat down with Katelyn after the weekend to discuss how she feels about being this year's mascot. She tells me that she became involved simply because she wanted to be a part of

Laurentian sports over the course of the winter months. She told me she enjoys being the mascot because it's fun! During the weekend opener, she says there were two pot bangers in particular; Matt and Joey who helped keep up her energy during the games. She has some previous experience, as she was sometimes the high school mascot in her home town of Sault Ste-Marie. While asking her a few questions I found out lots about

Katelyn. She is a member of the Laurentian soccer team, she is currently a second year student in the con ed program and that her favorite food is chicken. One of her favorite mascots is Carleton the bear because she is a huge Toronto Maple Leaf fan. She says the previous Laurentian mascot, Patty Murphy is a great inspiration to her this year. What she wants the most is for more students to attend games!

Lady Vees Remain Perfect at Home

Sean Hafey
Laurentian University
Athletics
Sports Information Writer

SUDBURY, Ont. — The Laurentian Lady Vees basketball team improved to 3-0 at home with a 92-56 victory over the Lakehead Thunderwolves tonight, improving their OUA record to 4-2 on the season. Leading the way for the Lady Vees was Cassandra Carpenter (Kanata, Ont.) with 20 points,

while Darrah Bumstead (New Hamburg, Ont.) chipped in with 17 points and 13 rebounds. Leading scorer for Lakehead was Tasia McKenna (Timberlea, NS) with 9 points.

In the first quarter, the Lady Vees used their superior defense to jump out to an early lead as the Thunderwolves took four minutes to score their first points. The Lady Vees ended the quarter as strong as they started it going on a 11-4 run, highlighted by Katie Goggins' (Hanmer, Ont) 3-point-er in the final minute helping

Laurentian take a 20-11 lead into the second quarter.

The second quarter was more of the same as the first. The Lady Vees continued their great ball movement and capitalized on Lakehead's turnovers to pad their lead even more. The Vees got hot from behind the arc making 3-point shots on two consecutive possessions toward the end of the half as they brought a 43-23 lead into the break.

The Lady Vees started the second half like they started the first. Carpenter drained a three to

Athletes of the Week

FOR WEEK ENDING NOVEMBER 25th, 2007

Alex Graham
Laurentian University
Sports Information
Coordinator

SUDBURY, Ont. — Laurentian University Athletics is proud to announce Blair Smith and Stephanie Kuhn of the Aqua Vees as "The Keg Steakhouse and Bar Athlete of the Week" for the week ending November 25th, 2007. Both swimmers set times that qualified them for Nationals in February.

Blair Smith is a third year Sports Education student, and hails from Cobourg, Ontario. This past weekend, Smith competed along with a select number of fellow Aqua Vees, in the Bell Grand Prix at the Olympium swimming centre in Etobicoke. Among his many accomplishments over the weekend was his swim in the 400M freestyle event. Smith began the weekend in 43rd place overall with a seedtime of 4:04.30, but swam a 4:03.40 which was a CIS qualifying time. The swim moved him down to 27th in the national rankings and earned himself a trip to the CIS championships in February. Smith's swim was also only two seconds off earning himself a trip to the Olympic qualifiers later this year, something he wishes to improve on later this year. Smith's performances this past weekend were among the top male performances at the Grand Prix.

Stephanie Kuhn is a fifth

year Phys Ed. student at Laurentian and calls Timmins, Ontario home. This past weekend saw Kuhn qualify for the CIS championships in three different events. In her first event of the weekend, Kuhn swam a 58.42 in the women's 100M Freestyle. The swim was good enough for the CIS and improved her to 30th in the national rankings. On day two of the Grand Prix, Kuhn was not finished as swam two more CIS qualifying standards. In the 100M Butterfly, Kuhn dropped three and a half seconds off her seedtime and made the jump from 72nd to 29th in the national rankings. In the 50M Freestyle, Kuhn swam a 27.19, moving her to 31st in the rankings.

"These swimmers performed very well at the Grand Prix," said head coach Phil Parker. "Their execution was sharp on all three days and the intensity level got higher each day."

"Some swims surpassed even coach's expectations, which will increase their confidence levels heading into winter training camp," he added.

The total of Laurentian Aqua Vees swimmers that have qualified for CIS nationals now sits at four, having Smith and Kuhn join Amanda Long and Jeff Byrne, who qualified at prior events. The CIS championships are being held in Vancouver, BC. in February of next year.

Stay tuned to www.luvoyageurs.com for up-to-date news, views and scores.

Intramural Co-Ed Volleyball League

Angelica Mazzella

Students who want to participate in Intramural COED Volleyball are highly encouraged to put a team together and sign up. Please register early as there is a limit of 36 teams for this event. Registration will be held at the Department of Active Living (B-226-Ben Avery Building) Jan 14 – Jan 18, 2008. All fulltime students are encouraged to come and participate in this event. The minimum number of players for a team is eight and there must be two female players

on the court at all times. There will be three separate divisions which one can sign up for; Competitive, Semi-competitive, and Recreational. The fee for this event is \$20.00 per team. The league will run every Tuesday and Thursday from 9 pm until midnight, from February 5, 2008 to March 27, 2008.

**There will be special event nights and prizes awarded at the end of the seasons for teams or persons participating.



92-56 win over Lakehead

kick things off and the Lady Vees opened the third quarter on a 13-0 run. Laurentian controlled the play in the third by scoring 31 points in the quarter and at one point opened up a 40-point lead. Lakehead chipped away at that margin and the score heading into the final frame was 74-41.

With the game out of reach, the fourth quarter gave some of the Lady Vees bench players a chance to experience some extra minutes. The frame was highlighted with an ample amount of fouls, each team found them-

selves in the bonus, and it seemed that every possession would result in a player being fouled and going to the line. The game came to a end with a score of 92-56, the Lady Vees shot a impressive 68% from beyond the arc.

"Our defense has been great all year and tonight our offense came out firing on all cylinders; we were moving the ball really well," said head coach Mike Clake. "It was a good way to start the weekend and hopefully we can continue it tomorrow against Mac."

Fair Games at an Unfair Price

You must be wondering why such issues as the Olympic garments and sweatshops are being printed in the sports section of Lambda. You would usually see something about the newest basketball coach or the M.V.P of the week. I am looking to cover a variety of topics this year. I think that we all know that there are so many different areas in sports. I have chosen to discuss topics that are important within sports, topics not necessarily discussed in the locker room. I am looking at discussing hot topics that the athletes may not think are important but read the articles and give them a chance - you will see how this can affect your everyday performance and how these are important issues that should be discussed in the locker room. As Sports Editor, I promise that this section will cover Laurentian Athletics as well as hot topics that can be discussed at all levels of sport. I hope you enjoy and think about these issues the next time you walk on the court or hit the locker room.

Maggie Frampton
Sports Editor

As students, we are constantly looking for employment regardless of what kind because we have bills, car payments, rent, FOOD and everything else. Now most of us try to find employment where we can still enjoy the Sudbury nightlife and still find

time to finish all the homework. Unfortunately, this is not the case for everyone. Workers are in unfair positions just to get the job done and make the money necessary to survive.

Imagine yourself at a sewing machine all day, it's hot and there is poor air circulation. Now for most of us we work in air-conditioned workplaces in the summer - could you imagine all year, the hot, sticky air. Imagine being told that you are supposed to work from 7am to 8pm but unfortunately you didn't meet the day quota and you are told you have to stay behind and finish your work UNPAID. That never happens to any one I know. Due to labor laws this would never be allowed to happen. Imagine waking up to go to work and your kids are still sleeping and then by the time you get home, they are in bed. It could be a few days before you get the chance to see your children because you are constantly working and hoping you can make enough this month to keep their bellies full. Around the world, people are struggling, especially those in the garment industry. Now why would I discuss the atrocities of the garment industry? For one reason only, most athletes depend on the apparel made by these men and women half way around the world. The 2008 Olympics are just around the corner and large endorsements have been given by



Contributed

Women in clothing factories are often forced to work long hours with low pay.

national governments and the IOC. The Olympic games are based on fundamental rights. The charter states that "Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy found in effort, the educational value of good example and respect for universal fundamental ethical principles". Everyday people push themselves to the limits to deliver on time the garments that each athletes, referee and judges each wear proudly at the Olympic Games. These garments and the people who make them are given no respect; often

they are abused and treated unfairly. Large organizations such as Oxfam are indifferent with the Olympic family because the garment industries highest peaks are around the time of major international events such as the Olympics. Before the Athens Games, one of the biggest global mobilizations against inhuman working conditions was launched. Play Fair is an organization which is supported by unions worldwide and are demanding that the International Olympic committee, national Olympic committees and the national governments end the exploitation and abuse of the garments workers. Athletes are winning medals and setting records

but those who make the clothes are setting records for the longest working day. Now I'm not blaming any of this on the athlete because unfortunately most Olympic athletes in Canada live below the poverty line. (that is a discussion for another day). I understand that athletes need these endorsements and the clothing from the larger companies such as Nike, Adiddas, Puma, Kappa and others often it is the government that has chosen the company that will sponsor the athletes.

The common argument is that many believe if labour laws are enforced and the cost of labour rises the corporation leaves for a region with cheaper labor. The athletic apparel company needs to enforce the rules and regulation for the factory workers. They need to set the standards for their factories to end the abuse and exploitation.

So "is there a solution?" you must be wondering? One solution, the IOC need to put more pressure on the companies if they want to endorse the Olympic. The IOC needs to put in place their own rules and regulations regarding the garments that represent the Olympic Games. A great example of this happened at the Sydney games, the state government lobbied for garments that followed labor laws, but most of the garments were fabricated before this could be put into action. The governments have a huge role to play in this campaign because they are able to make the decision on what companies receive the endorsement for the Olympics.

One solution is to find garments that are sweatshop free. Look at the labels and do your own research. The greater the demand the harder the workers are producing everyday, try find some of the equipment used, there are many great exchange programs where in Sudbury and in many communities.

Sweat-free products are in demand and large companies are losing many contracts because they chose to make their apparel in abusive garment factories. Campus and school are demanding that the athletic apparel with the school logos to be sweat-free. At Laurentian the athletic apparel is not sweat-free and maybe that a demand the student body should request. Next time you hit the court check out the labels on your equipment and think about who made your apparel.

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Le Projet Laramie / The Laramie Project

The arts d'expression program presents Le Projet Laramie, a french version of "The Laramie Project", a play by Moisés Kaufman, Friday, November 30 to Sunday, December 2, 2007 at 8 p.m. at Laurentian University in the Alphonse-Raymond auditorium.

Written in 2001, this American play questions Matthew Sheppard's gruesome murder, in the style of a television documentary. Matthew, a 21-year-old homosexual university student, was murdered on October 12, 1998. The Laramie Project examines our prejudice, our tolerance and our fear of differences, in a

world that questions its values and identity, today more than ever.

During the year that followed the murder, the members of the Tectonic Theatre Project went to Laramie Wyoming and met over 200 members of the community for interviews. This play is based on these interviews.

Tickets : \$10 adults / \$6 students and seniors

For reservations and information, please call the arts d'expression department at (705) 675-1151, extension 5018



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Josh Buck
Science & Tech

Hello Hello,

So it is that time of year where the snow is falling just as fast as the temperature and we all know what that means: Exams! Well that and the better part of December, Christmas. So as we students gear up to write and cram and sometimes pray, the rest of country is going mad trying to get that perfect gift for their loved ones. Before you hit the mall looking for that gift may I suggest one of the many local charities in our community and on our campus? The SGA is raising funds for the Angel Tree Project, which raises funds to buy children presents who may not other-wise receive something. There is also Laurentian Inter-professional Health Society, who are raising funds to make food baskets for students in need over the holidays. Last year they helped over 50 students, which is remarkable. I suggest helping out either of these charities this Christmas season or any of the numerous others in Sudbury and on campus. Receiving gifts is nice but knowing that you have helped out those in need is that much better.

That being said there is some pretty nifty gifts out there this year. While I do enjoy the charity of the season I also enjoy the techno gifts that are on display for this year. Especially with Popular Sciences 100 best innovations of the year just released in time for the shopping season. Pick up a magazine this time of year and there will most likely be a top gift ideas list, I have looked over a number myself and let me say I am impressed with some of the things being cranked out this year. TV's are bigger and brighter, cameras more indestructible, headphones that cannot be played loud enough for others on the bus to be annoyed, no wait I am still waiting for that one. Now that our dollar is holding its own against the mighty greenback (At least I hope it still is by print) we have seen a drop in consumer prices across the board. So this year our dollars will go a little bit further towards spreading the love.

One of the more interesting facts released around the Christmas time is the "Actual Cost of the 12 Days of Christmas" This year it is up to \$19 507 (US) which is a 3.1% increase over last year. The product with the biggest increase being Gold this year. So if you a person with far to much money and that person on your list who is ever so hard to buy for, may I suggest the 12 Days of Christmas. Chances are that person will never ask for anything from you again. Kill two birds with one stone. Also to note that the average Canadian is expected to be spending in the ballpark of \$850 during December. I have always found this number high at first but then when I sit back and try and figure it all out it starts to make sense to me. The money average the rest of the year is somewhere around \$600, so an extra \$250 just for this holiday doesn't make me feel too bad after all. (Although knowing that part of that \$250 is a pack of white tube socks that I am going to get does make me cringe a little bit, but hey I am all about traditions)

So for everyone doing some travelling this Christmas season be safe and do not forget to leave a few cookies and some milk out for Santa. That is if you have been nice all year, but at the current prices of fossil fuels maybe coal is turning into a better gift ever year.

Have a merry (insert selected religious gathering here) to all and see you in the New Year!

Josh Buck

From the Grey Matter of Josh Buck

Ms. JOHNSON by BLAME



General Dogsbody: The Humanitarian Aquarium

It was a good question that was asked of me, "How does a Thirty Gallon Fish Tank tie into the Food Bank and the Salvation Army and the Student Centre?" Obviously my explanation was at its convoluted best – so let me try again!

The Food Bank

I want to see a group develop on the Laurentian University campus – "Laurentian Humanitarian." The goal of LH would be to match up students who need particular items with Laurentian employees or fellow students who have those items to give away. Examples include, (but are not limited to):

- Small Items

 - winter wear
 - kitchenware
 - school supplies
- Large Items

 - living room and bedroom furniture
 - kitchen items including hot plates and bar fridges
 - computers
- Small items could be stored at the SGA food bank; large items – delivery arrangements would have to be made. So that's the Food Bank part...

The Salvation Army

I frequent the Sally Ann on a regular basis because I volunteer for a number of organizations and we are always collecting items for people in need. In the past, when I was a community-jail liai-

son chaplain, I could count on the Salvation Army to help set up the lads who had just gotten out of jail. They often had nothing and no one. Students in poverty are often in the same situation.

Students and Services for Students

This may come as a surprise, but some of our students need to use our food bank. Rental rates and textbook prices are crazy. One gal I know doesn't even have a fridge or a stove in her apartment! Wouldn't it be nice if Student Services or the Students General Association could give out vouchers for those things that Laurentian Humanitarian can't find, but the Salvation Army has? I am currently following up with that idea.

The Thirty Gallon Fish Tank?!

One of the things I collect from the Army are goldfish bowls or punch bowls. I give away goldfish to students who would like one, because goldfish are an ideal pet for students in residence or who share accommodations with allergic people. And I provide the initial home (the bowl) plus food, etc. I got a call from Thrift Store the other day to come and do a pick up. When I arrived there they had a thirty gallon fish tank waiting for me, and the staff was all smiles. They love helping students and this was showing love in a big way.

The Connection?

It's tenuous at best – but the Sally Ann fish tank is for the students, and there are students who

need some SA-style help. Hmm. Why don't I set up and look after a tropical fish tank in the Student Centre. It would be relaxing for stressed-out students to watch. And I can use the attention attracted to draw people to an info board, posted on one end. It would list the current needs of students, and what the current Food Bank / Supply Depot has in stock. (The list would appear in other places too.)

I am looking for a fellow volunteer to help me coordinate this. Together we would do the following:

- announce the Laurentian Humanitarian program and keep raising awareness of the program
- organize the food bank and announce various food drives as supplies of certain items become low
- organize the small supplies in the food bank/supply depot
- maintain a list of needs and supplies on a website and the fish



- tank
- take information from donors – small items to food bank; large items, the transportation to be arranged

- work on the Christmas drive with the pre-med students

This would be a fun and unique way for a student to knock off some placement hours – to say nothing of learning to think in a non-linear fashion! Email me at jc_steven@laurentian.ca

Perhaps you've heard the saying... "Teach a [hu]man to fish, and you feed him for a day. Give a [hu]man an aquarium, and you finance the pet store for a decade!"

- Jan Carrie Steven works as a Counsellor at Student Services. Visit her website at www.small-things.ca

Clothing Drive

We are looking for the following items for adults for the Good Samaritan Centre

- Coats
- Sweaters
- Socks
- Mitts
- Hats
- Boots
- Blankets
- Sleeping bags

You can drop items off in the lobby of the Great Hall between 11 a.m. and 1 p.m. on the following days:

Tuesday, November 27th

Thursday, December 6th

Thank you

Laurentian University Residence Life Office

Contact - André Laurin, ext. 3002 or alaurin@laurentian.ca

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9:15 A.M.	Lot 15 to Science via all stops/tout les arrêts - Terrain 15 jusqu'à l'édifice des sciences
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10:15 A.M.	Lot 15 to Science via all stops/tout les arrêts - Terrain 15 jusqu'à l'édifice des sciences
10:45 A.M.	Lot 15 to Science via all stops/tout les arrêts - Terrain 15 jusqu'à l'édifice des sciences
11:00 A.M.	Lot 15 to Science via all stops/tout les arrêts - Terrain 15 jusqu'à l'édifice des sciences
11:25 A.M.	Physed to Science Building only/Éducation physique jusqu'à l'édifice des sciences
11:45 A.M.	Lot 15 to Science via all stops/tout les arrêts - Terrain 15 jusqu'à l'édifice des sciences
12:30 P.M.	Lot 15 to Science via all stops/tout les arrêts - Terrain 15 jusqu'à l'édifice des sciences
12:45 P.M.	Lot 15 to Science via all stops/tout les arrêts - Terrain 15 jusqu'à l'édifice des sciences
1:00 P.M.	Lot 15 to Science via all stops/tout les arrêts - Terrain 15 jusqu'à l'édifice des sciences
1:15 P.M.	Lot 15 to Science via all stops/tout les arrêts - Terrain 15 jusqu'à l'édifice des sciences
1:30 P.M.	Lot 15 to Science via all stops/tout les arrêts - Terrain 15 jusqu'à l'édifice des sciences
1:45 P.M.	Lot 15 to Science via all stops/tout les arrêts - Terrain 15 jusqu'à l'édifice des sciences
2:00 P.M.	Lot 15 to Science via all stops/tout les arrêts - Terrain 15 jusqu'à l'édifice des sciences
2:15 P.M.	Lot 15 to Science via all stops/tout les arrêts - Terrain 15 jusqu'à l'édifice des sciences
2:45 P.M.	Lot 15 to Science via all stops/tout les arrêts - Terrain 15 jusqu'à l'édifice des sciences

Better Study Habits Come Through Learning How to Focus

Dr. Georgina Cannon tag say?

Research has proven that, the ability to focus – even for short periods of time – is essential to learn. The average attention span for one task is around 20 minutes.

“But to retain information, the focus for that 20 minutes must be absolute,” says, Dr. Georgina Cannon of the Ontario Hypnosis Centre in Toronto, Canada.

When working with students of all ages, Dr. Cannon stresses these points:

1) Memory is trainable: Start training it to retain longer and become more aware by using a combination of memory games. For example, remember exactly what the person is wearing who just passed you on the street or how many people were standing in the cashier line at the last store you went to and what did the cashiers name

2) Memory is context triggered: “The body works best when consistent familiarity becomes the norm. For instance with sports or dance, repeating the same thing consistently in the same place confirms the action, we call it muscle memory. When in fact it is the muscles responding to the mind memory automatically through familiarity. Study in a physical place which is set up similarly to where the exam will take place. If your body is in a consistent position for studying, it will increase your chances for recall.

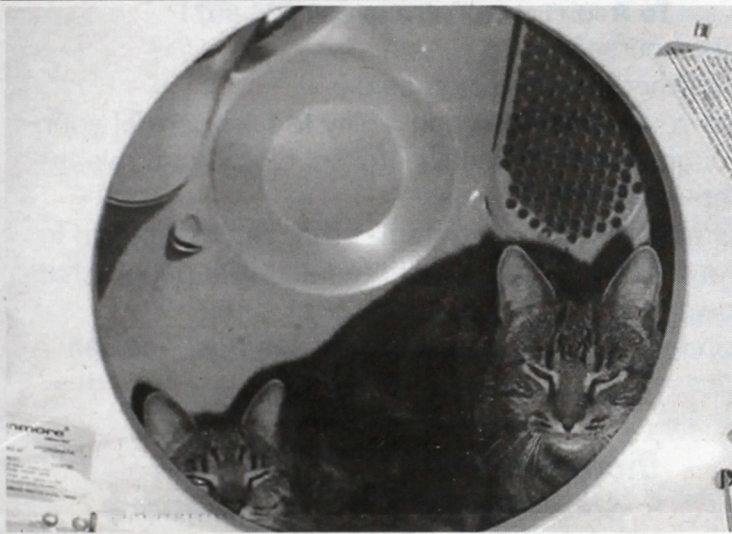
3) Memory is also “State Dependent”: Ideally, when studying you need to keep the same focus and enhanced attention you have when taking a test. “The way to ensure that happens,” explains Dr. Cannon, “is to set up the mental state ahead of time through hypnosis training, so that you

go into a slightly altered state both when studying and when taking the tests.” Hypnosis enables deeper concentration and activation levels while studying and the ability for recall.

4) Study for regular periods of time: The brain retains more when we learn in small manageable amounts. So study for 20 – 30 minutes then take a 10 minute break. Then another 20 – 30 minutes, then take a 10 minute break.

5) Quiet: Your place of study, should, of course, be quiet with no outside distractions.

6) Understand the power of your subconscious mind to retain information and use it: Learn how to go into an altered state to maximize your study habits and become efficient and effective with your study time.



Two declawed and spayed mature tabbies need a long-term loving home. Come with supplies. Call Jan at 522 5126, or email jan-scats@gmail.com.

Also, the Shelter in Azilda is looking for a foster home for a momma cat and kittens. Call 983-4246. FRIENDS of SHELTER PETS can help with food and litter. Once the kittens are ready to be adopted, we will do that and use the money donated for kittens to spay mommy cat.

www.smallthings.ca

2008 SPAD HOCKEY TOURNAMENT REGISTRATION IS EXTENDED!!!

Hey Everyone,

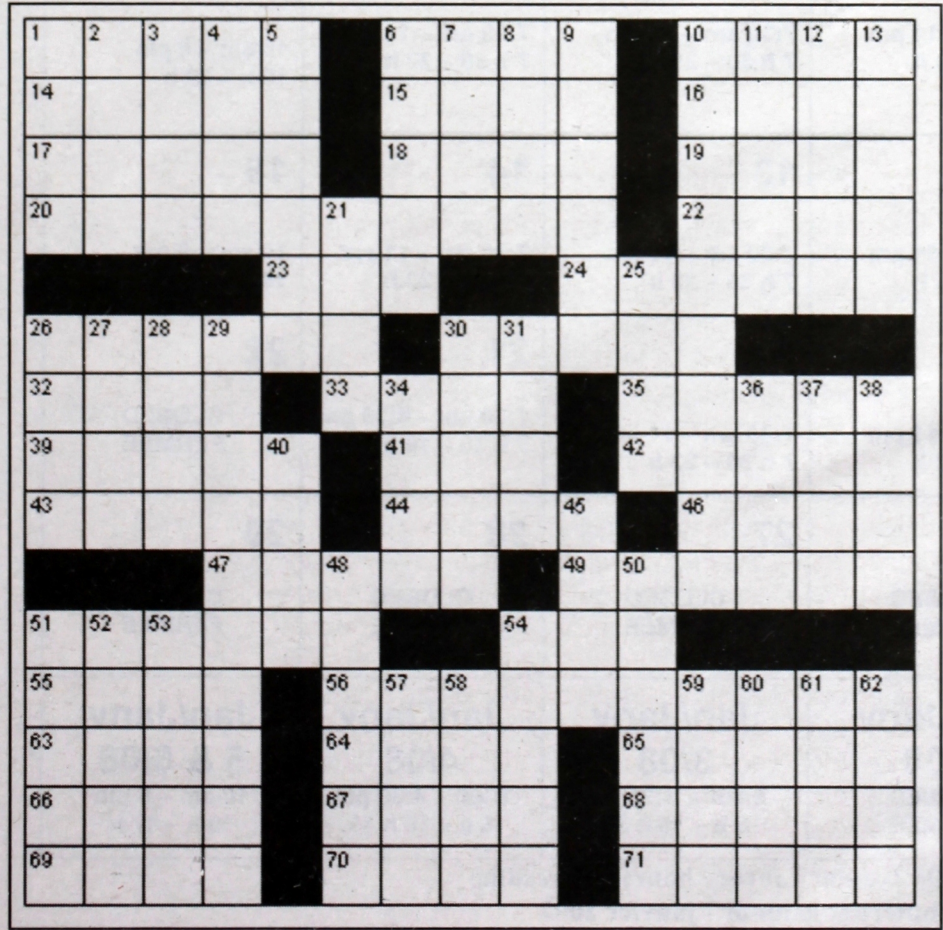
Good news! We realized that we didn't give you enough time to get your rosters together before the early bird deadline, and there was some trouble getting information to other Ontario universities and colleges. So to make it fair for everyone, we are extending the registration deadlines for the 2008 Bianco's Audiotronic SPAD Hockey Tournament!

The early bird deadline is now Friday, December 14th, with registration closing on Friday, January 11th, 2008. There is a registration package attached to this email for easy access to it.

All team registrations and payment are to be handed in at the SPAD Office, located in F-330A on the third floor of the Fraser Building. If you're looking for more information, you can email us at spad_hockey@hotmail.com, visit our website at www.sht08.com, or check out our Facebook Event – 2008 SPAD Hockey Tournament.

We hope this helps you with getting your teams together. Looking forward to seeing you all in the tournament!

Sincerely,
2008 SPAD Hockey Tournament Coordinators



- ACROSS
1. French for "Room"

6. Tools for punching small holes

10. Bones in the skull

14. Poet T.S. _____

15. Playwright George Bernard _____

16. Reflected sound

17. A chain for a pet

18. An indefinite period

19. You (archaic)

20. Soil conditioner

22. Small slender gull

23. Conditioned emotional response

24. Nullified

26. Contusion

30. Outdoor storage buildings

32. Acquire deservedly

33. Mother of Zeus (Greek mythology)

35. A red fluorescent dye

39. Taut

41. "Wise" bird

42. Trap

43. Smile contemptuously

44. Cat sound

46. Supplements with difficulty

47. The front part of a stair

49. Most aged

51. Prawn

54. Before

55. Just right (2-1-1)

56. Acts on behalf of

63. Against

64. Formerly, the shah's

65. Reprove (archaic)

66. To thrust with a weapon (archaic)

67. Thin slab of linoleum

68. Swelling under the skin

69. An amphibian

70. Snake-like fishes

71. Connecting points

25. Lyric poems

26. Wagers

27. Precipitation

28. Exhort

29. Acquiring through succession

30. A waste water conduit

31. Angelic headgear

34. Where the heart is

36. Behalf

37. Angers

38. Where birds live

40. Clip or cut

45. Past tense of "To be"

48. Faery

50. Decrease

51. Stave

52. Laurels

53. Relative magnitudes

54. Sea eagles

57. A famous American canal

58. A sudden numbing dread

59. Prefix indicating "Within"

60. Require

61. Docile

62. Resorts
- DOWN
1. Ego

2. Downwind

3. Teller of untruths

4. Misplaced

5. Morals

6. Abuzz

7. Genius

8. Crippled

9. Veer

10. Threw overboard

11. Experienced pain

12. Prostitute

13. Noise

21. A suggestive look

6		1		9			4	5
4	9				5			
	5	3		8	6			
				6	1	4		
7	4		3		8		1	6
		8	9	4				
			6	7		1	5	
			8				3	9
3	1			5		8		7

The Sudbury Sexual Assault
Crisis Centre
is hosting two

WEN-DO
WOMEN SELF DEFENCE COURSES

First Course

Dates: Sat. Dec. 8 & 15, 2007

Or Second Course

Sunday Dec.9 & 16, 2007

LOCATION: St. Theresa School on
Walford Rd.

Time: 9:00 am to 4:00 pm

Fee: \$ 5.00

To Register call please call 675-8071

About the course.....

This is a program where you can:

Increase your confidence and ability to take care of your-
self through learning effective strikes, blocks and releas-
es to choke and body holds.

Discuss effective verbal strategies that can be applied to
dangerous situations with strangers and with people that
are known to us.

Develop and intensify your sense of self trust and self
worth.

Increase your **AWARENESS**

AVOID potential dangerous situations

ACT in order to protect yourself

**ADANAC SKI CLUB**BE FIT - SKI FAST - HAVE FUN
2007/2008

SKI COACHES WANTED

If you have your CSCF 1 or CSCF 2 and want to spend some time ripping around Adanac with some enthusiastic 6 to 16 year olds who dream of being World Cup ski racers, then send us your resume.

We pay well!

EMAIL: marett@vianet.ca
SNAIL: 904 Roderick Drive, Sudbury ON P3E 6J5

2007/2008 ONLINE RACER REGISTRATION BEGINS NOVEMBER 26, 2007

www.adanacskiclub.com

Bibliothèque J.N. Desmarais Library

Library Hours for Exams / Heures d'ouverture de la bibliothèque pendant la période d'examens

December 2007 décembre						
Sunday-dimanche	Monday-lundi	Tuesday-mardi	Wednesday-mercredi	Thursday-jeudi	Friday-vendredi	Saturday-samedi
						1 10 am – 8 pm 10 h – 20 h
2 10 am – 11 pm 10 h – 23 h	3 7:30 am – 11 pm 7 h 30 – 23 h	4 7:30 am – 11 pm 7 h 30 – 23 h	5 7:30 am – 11 pm 7 h 30 – 23 h	6 7:30 am – 11 pm 7 h 30 – 23 h	7 7:30 am – 11 pm 7 h 30 – 23 h	8 10 am – 8 pm 10 h – 20 h
9 10 am – 11 pm 10 h – 23 h	10 7:30 am – 11 pm 7 h 30 – 23 h	11 7:30 am – 11 pm 7 h 30 – 23 h	12 7:30 am – 11 pm 7 h 30 – 23 h	13 7:30 am – 11 pm 7 h 30 – 23 h	14 7:30 am – 11 pm 7 h 30 – 23 h	15 10 am – 8 pm 10 h – 20 h
16 10 am – 11 pm 10 h – 23 h	17 7:30 am – 11 pm 7 h 30 – 23 h	18 7:30 am – 11 pm 7 h 30 – 23 h	19 7:30 am – 11 pm 7 h 30 – 23 h	20 7:30 am – 11 pm 7 h 30 – 23 h	21 7:30 am – 4:30 pm 7 h 30 – 16 h 30	22 CLOSED FERMÉE
23 CLOSED FERMÉE	24 CLOSED FERMÉE	25 CLOSED FERMÉE	26 CLOSED FERMÉE	27 CLOSED FERMÉE	28 CLOSED FERMÉE	29 CLOSED FERMÉE
30 CLOSED FERMÉE	30 CLOSED FERMÉE	Jan/Janv 1/08 CLOSED FERMÉE	Jan/Janv 2/08 CLOSED FERMÉE	Jan/Janv 3/08 8 am – 4:30 pm 8 h – 16 h 30	Jan/Janv 4/08 8 am – 4:30 pm 8 h – 16 h 30	Jan/Janv 5 & 6/08 10 am – 5 pm 10 h – 17 h

Note that on Monday, January 7th, 2008 regular Library hours will resume
À noter, les heures régulières débiteront le lundi 7 janvier 2007